

The Wide-Ranging Health Implications of Adverse Childhood Experiences

A collaboration between:

- The Centers for Disease Control
and Prevention (CDC)
- Kaiser Permanente
and
- Emory University Department of
Pediatrics

The Adverse Childhood Experiences (ACE) Study

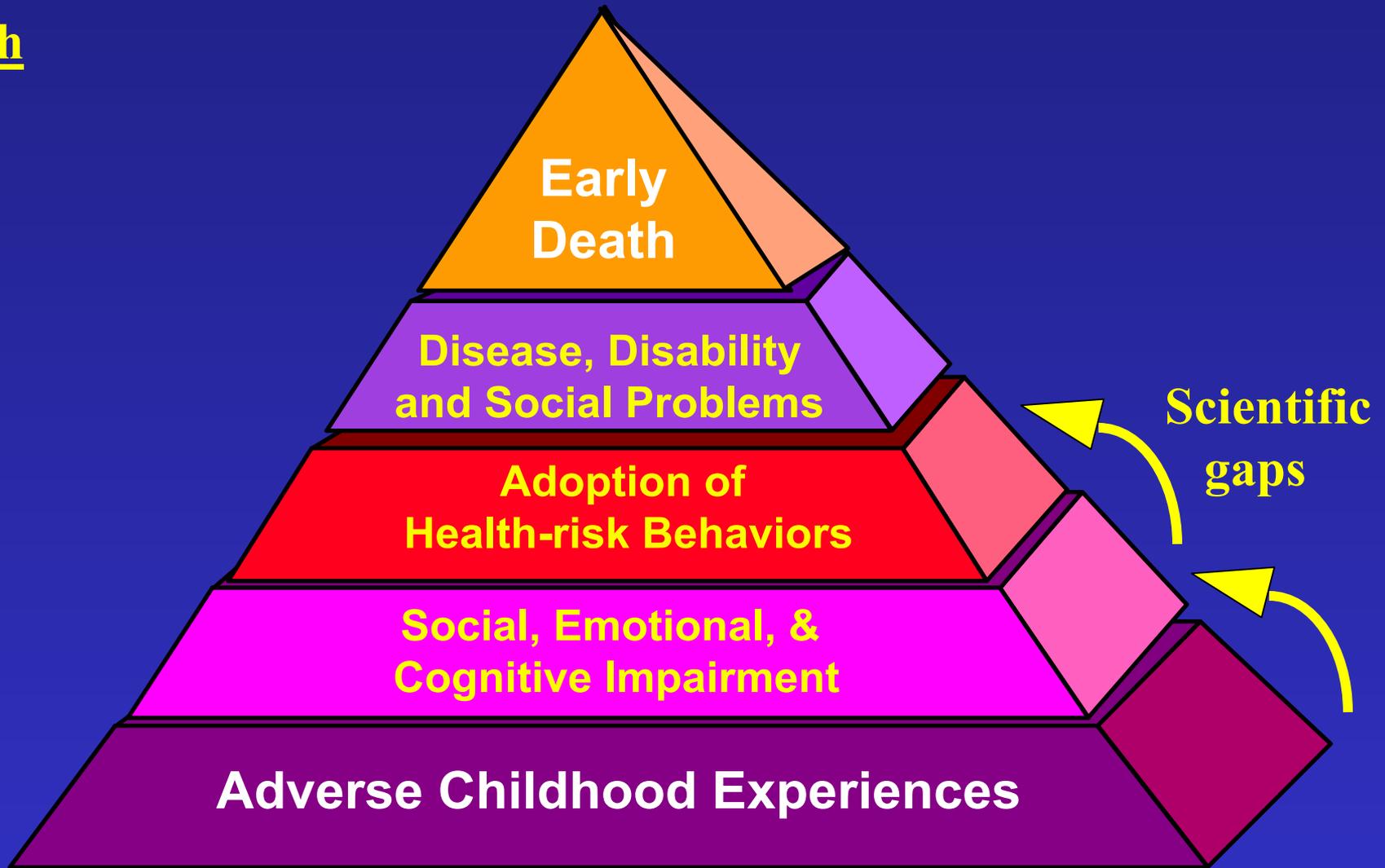
- The largest study of its kind ever done to examine the health and social effects of these childhood experiences throughout the lifespan (17,000 participants)

What do we mean by Adverse Childhood Experiences?

Experiences that represent health or social problems of national importance.

- childhood abuse and neglect
- growing up with domestic violence, substance abuse or mental illness in the home, parental discord, crime

Death



Scientific gaps

Adverse Childhood Experiences

Social, Emotional, & Cognitive Impairment

Adoption of Health-risk Behaviors

Disease, Disability and Social Problems

Early Death

Conception

Principles of Brain Development

- The outside world shapes the brains wiring.**
- The outside world is experienced through the senses--seeing, hearing, smelling, touching, and tasting--enabling the brain to modify connections.**
- The brain operates on a “use it or lose it” principle**
- Relationships with other people early in life are the major source of development of the emotional and social parts of the brain.**

***I Am Your Child
Reiner Foundation***

The Adverse Childhood Experiences (ACE) Study

Summary of Findings:

- Adverse Childhood Experiences (ACEs) are very common
- ACEs are strong predictors of health behaviors in adolescence and adult life
- This combination of findings makes ACEs one of the leading, if not *the leading* determinant of the health and social well-being of our nation

Adverse Childhood Experiences Are Very Common

Percent reporting types of ACEs:

Household exposures:

Alcohol abuse	23.5%
Mental illness	18.8%
Battered mother	12.5%
Drug abuse	4.9%
Criminal behavior	3.4%

Childhood Abuse:

Psychological	11.0%
Physical	30.1%
Sexual	19.9%

Adverse Childhood Experiences Score

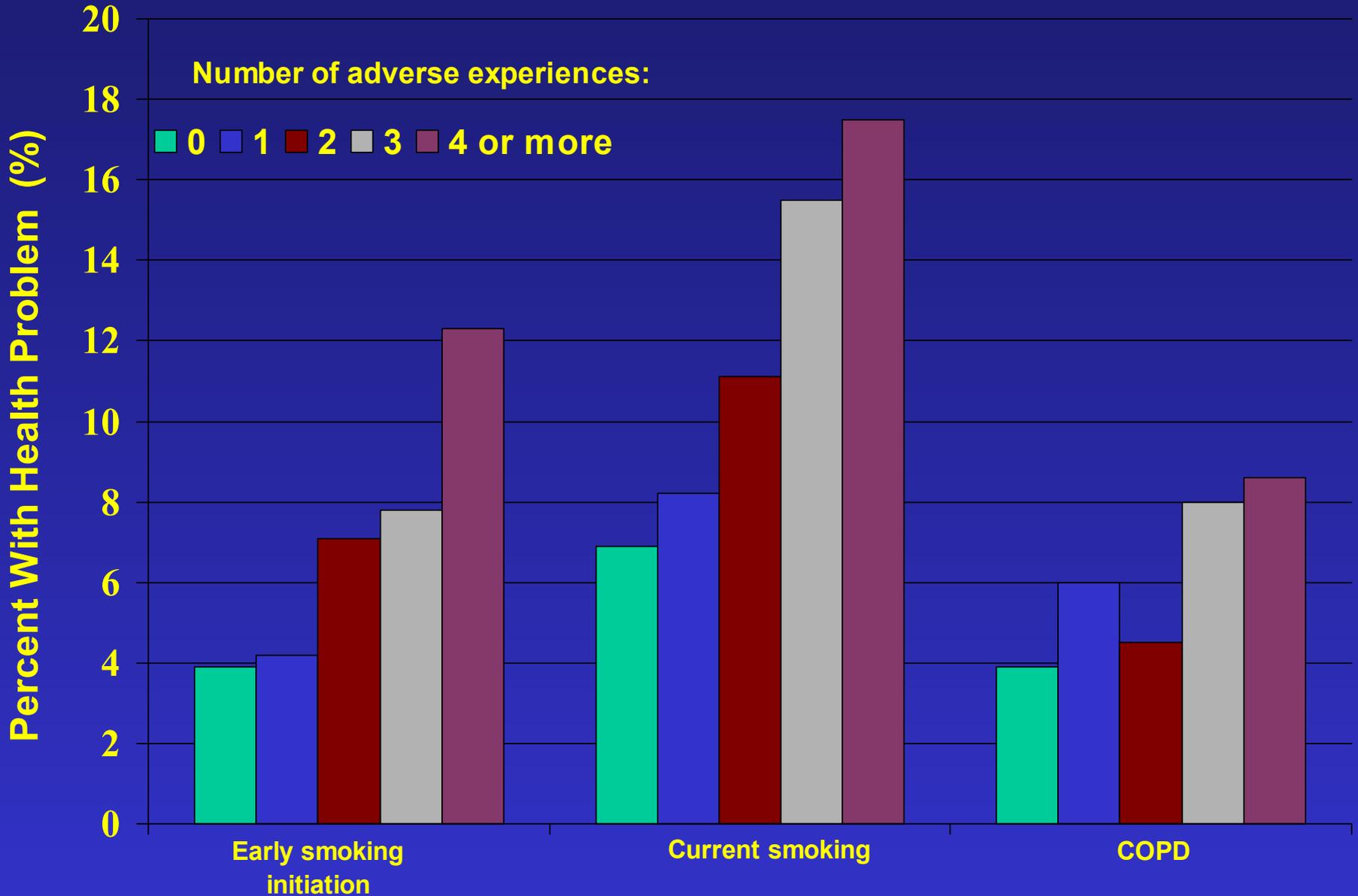
Number of individual adverse childhood experiences were summed...

<u>ACE score</u>	<u>Prevalence</u>
0	47.9%
1	24.9%
2	13.1%
3	7.3%
4 or more	6.8%

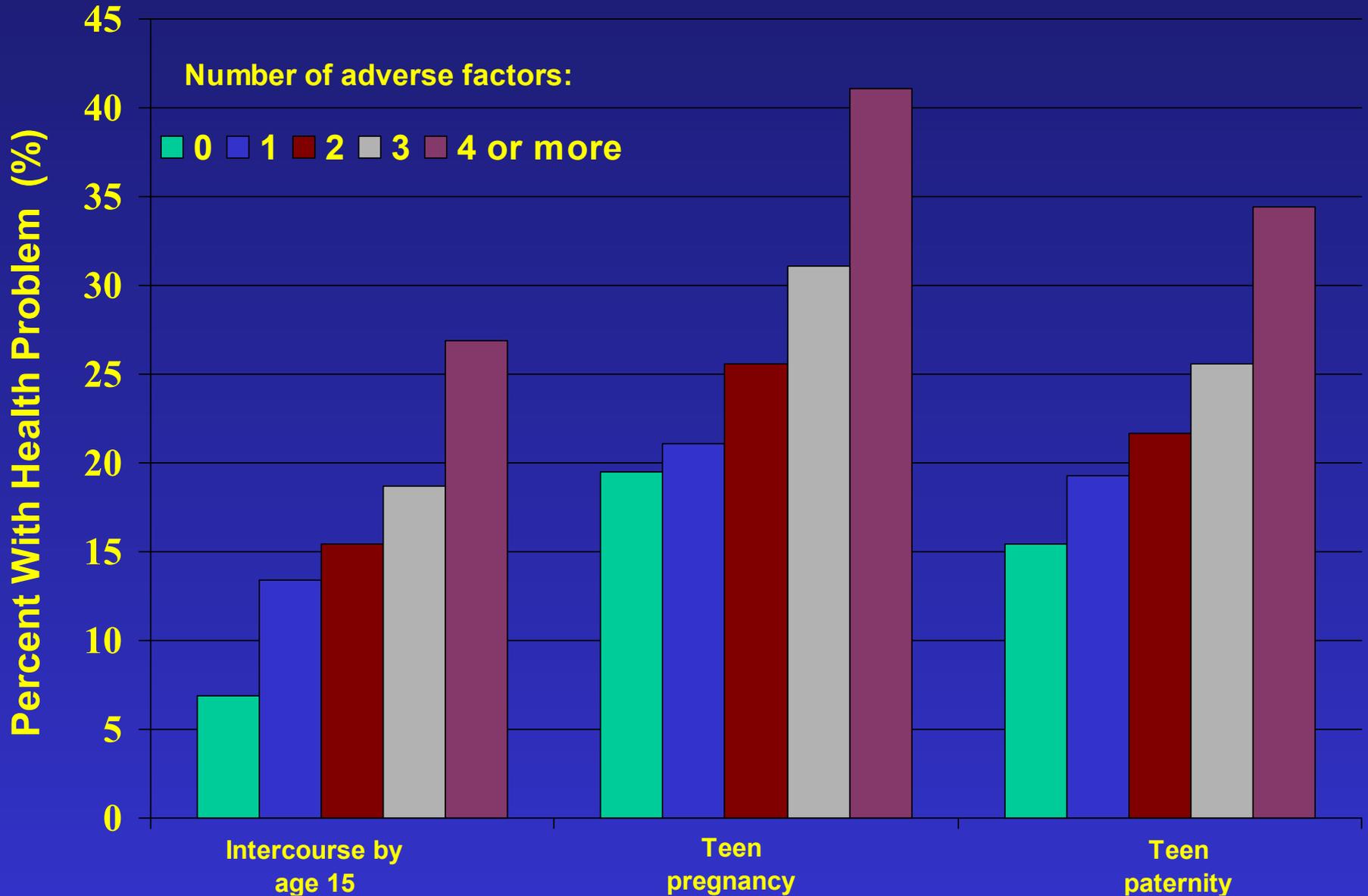
-More than half had at least one ACE

-More than one in four had 2 or more ACEs

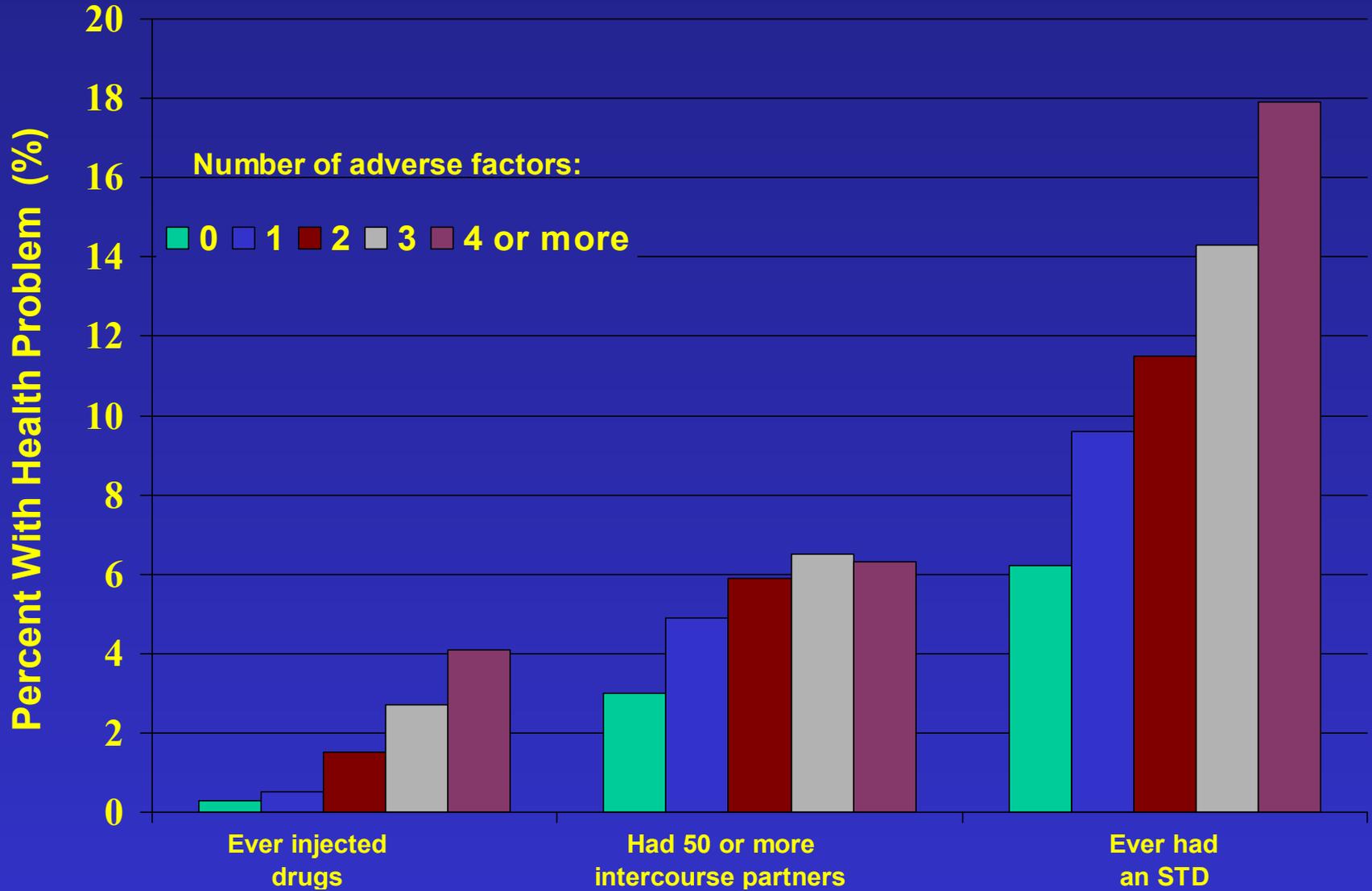
Relationship Between Number of Adverse Childhood Experiences and Smoking Behaviors and Smoking-Related Lung Disease



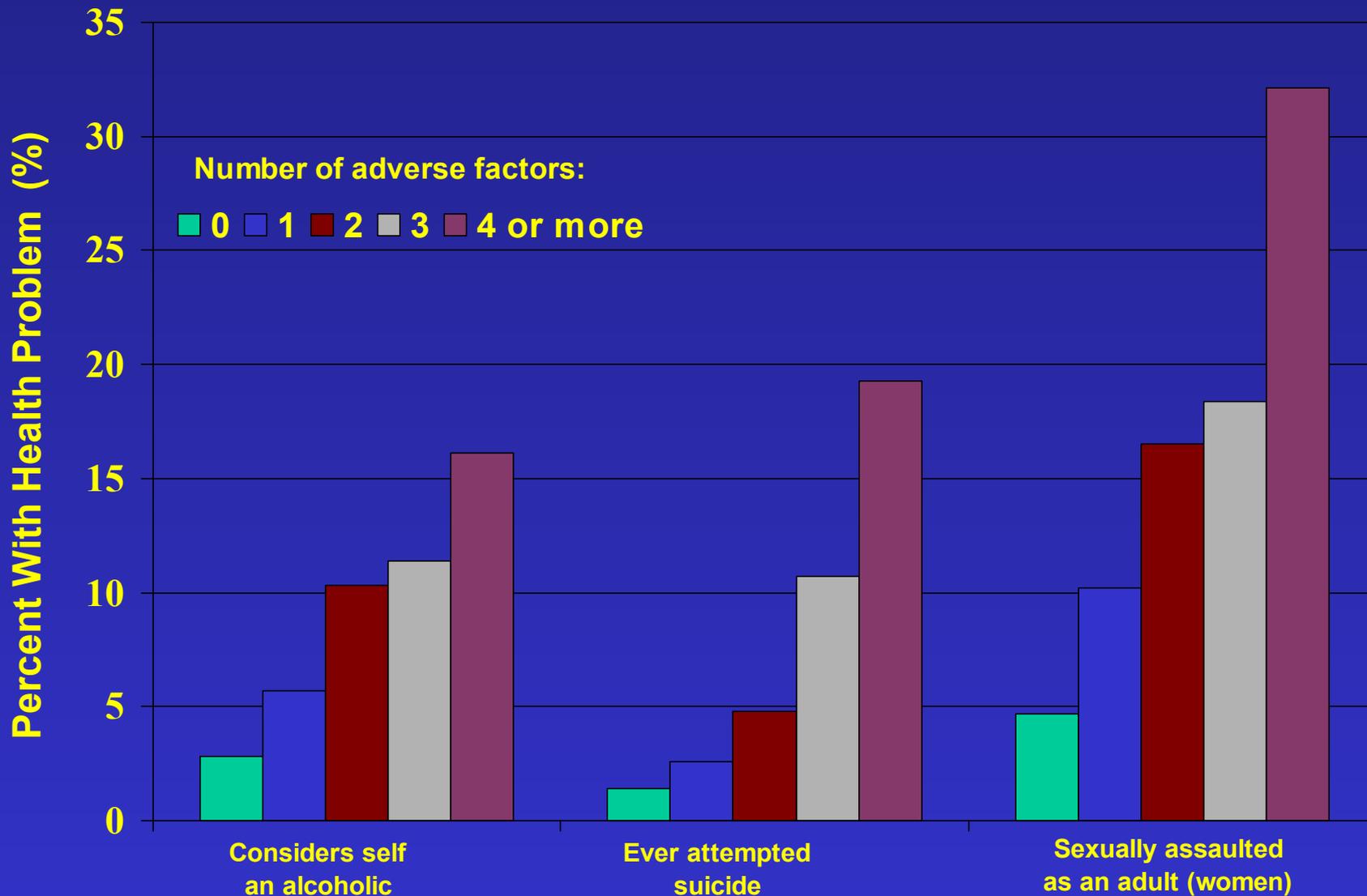
Number of Adverse Childhood Experiences and Teen Sexual Behaviors



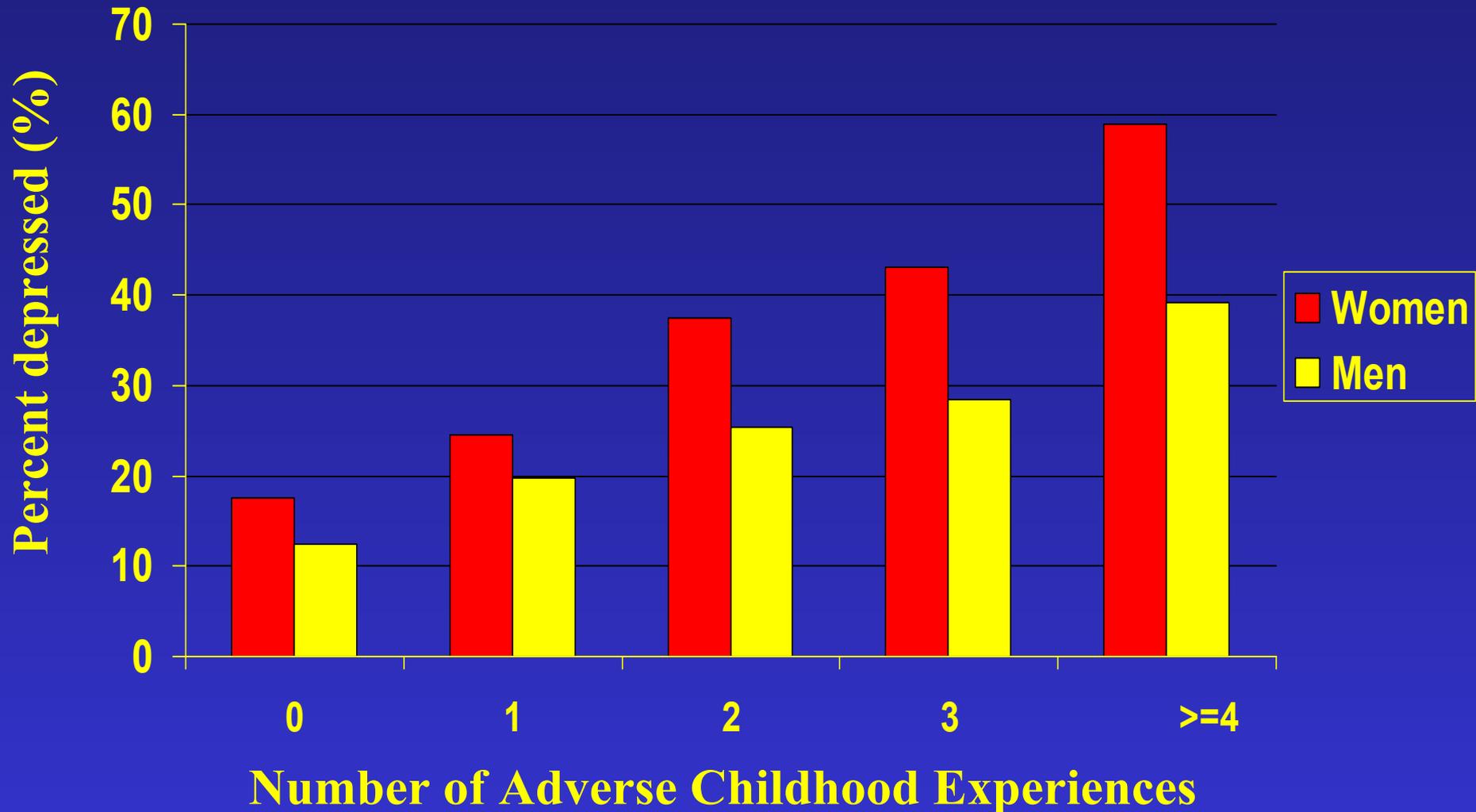
ACE Score and HIV Risks



ACE Score and Alcoholism, Suicide Attempts, or Sexual Assault



Lifetime History of Depression by Number of Adverse Childhood Experiences and Sex



Scope and Future Directions--ACE Study

- **Longitudinal follow-up of the 17,000 study participants**
- **Detailed analysis of adverse childhood experiences and health outcomes**
- **Cohort follow-up and analysis of health care costs**
- **Developing screening tools for pediatric and adult medicine**
- **Promote awareness of the importance of healthy childhood development to the future of public health and clinical medicine**

The Great Chasm



Child health and well-being as it stands today

Denial

Children as objects or property

Isolated child-rearing

Lack of knowledge about child development

Lack of a comprehensive long-term plan

Categorical thinking about health and the human lifespan

Children do not vote

Child health and well-being as it could be

Bridging The Chasm



**Breakthroughs
in molecular genetics
and biology:**

**Mental illness
Substance abuse
Violence**

**Improved recognition
and treatment of:**

**Mental illness
Substance abuse
Domestic violence
Child abuse**

**Mass education
about child
development &
parenting:**

**Media
Schools**

**Documenting the
societal burden of
child health as it
stands today**



**New directions
in prevention**

**Child
health
as it
stands
today**

**Child
health
as it
could
be**

Bridging The Chasm



**Child
health
as it
stands
today**

Involving those who don't yet realize that they are working on issues that represent the "downstream" wreckage of child abuse and neglect--and other adverse childhood experiences--in the effort to bridge the chasm.

**Child
health
as it
could
be**

Elements of Future Success in Child Health and Well-Being

- Recognizing that child abuse and neglect and other ACEs are like diseases that are self-replicating and interrupting the cycle
- Fully documenting the long-term health, social, and economic costs of child abuse and neglect
- Educating our culture about the importance of child development via the schools (high schools and colleges medical school and residency training)
- Multidisciplinary teamwork to develop new approaches to teaching child development, recognizing and treating child abuse and neglect and domestic violence, and treating parents impaired by alcohol, illicit drug abuse, or mental illness